



Kids Can Cook

The Biology of Bread

Ingredients (Recipe source: <https://armagazine.com/2qCWpiH>)

- 2 cups of warm water (110°F or 45°C)
- 2/3 cups white sugar
- 1 + 1/2 tablespoons active dry yeast
- 1 + 1/2 teaspoons salt
- 1/4 cup vegetable oil
- 6 cups bread flour

Directions:

1. In a large bowl, dissolve the sugar in warm water, and then stir in yeast. Allow the yeast to ferment until the mixture resembles a creamy foam.
2. Mix salt and oil into the yeast. Mix in flour one cup at a time. Knead dough on a lightly floured surface until smooth. Place in a well oiled bowl, and turn dough to coat. Cover with a damp cloth. Allow to rise until doubled in bulk, about 1 hour
3. Punch dough down. Knead for a few minutes, and divide in half. Shape into loaves, and place into two well oiled 9x5 inch loaf pans. Allow to rise for 30 minutes, or until dough has risen 1 inch above pans.
4. Bake at 350°F (175°C) for 30 minutes.



Spend some time making this simple white bread recipe with your children and using it as a learning experience to help them understand the science behind making bread. This is a good opportunity to teach children how to measure ingredients, the importance of following the steps in a recipe, as well as what yeast is and how it works. Watch how this baking activity turns into a fun biology experiment!

Source: <https://bit.ly/347yIJ>